

Weekly Diabetes Update

November 14, 2008

1.



World Diabetes Day



World Diabetes Day is celebrated annually on 14 November. Last year, in recognition of the chronic, debilitating and costly nature of the disease, the United Nations made World Diabetes Day an official UN day. This new status increases the visibility of diabetes as an important global public health problem that requires urgent attention from policy-makers and health planners around the world.

The theme of this year's World Diabetes Day is diabetes in children and adolescents. The International Diabetes Federation and WHO chose this theme to draw attention to the fact that diabetes is one of the most common chronic diseases of childhood. About 70 000 children under the age of 15 are diagnosed with type 1 diabetes every year, according to International Diabetes Federation estimates.

2.

EDUCATIONAL OPPORTUNITIES

- **Register Now for 10th Anniversary Meeting of the St. Louis Diabetes Coalition on December 4, 2008**

Come have dinner with the Diabetes Coalition on Thursday, **December 4, 2008** at the newly-remodeled Renaissance St. Louis Hotel Airport. Author and economist Dr. Eric Finkelstein will be delivering a thought-provoking presentation based on his 2008 book: *The Fattening of America: How the economy makes us fat, if it matters, and what to do about it.*

Information and registration: <http://stldiabetes.wordpress.com/2008/10/31/register-now-for-10th-anniversary-meeting-on-dec-4/>.



- **“Why Should You Care about Diabetes?” Program**

Wednesday, November 19, 2008 7:00 p.m.

West-Plex Community Church
550 Highway T
Foristell, MO

Contact: Lana Kruse
(636) 625-5424

LanaKruse@centurytel.net

- **Diabetes Health Fair**

Thursday, November 20, 2008 6:00 to 7:30 p.m.

St Joseph Medical Center
1st Floor, Medical Mall
I-435 & State Line
1000 Carondelet Drive
Kansas City, MO 64114

Contact: Catherine Parkhurst or Joyce Anne Jaillite
(816) 943-2489

cparkhurst@carondelet.com

3. **DIABETES NEWS**

- **Former Miss America Nicole Johnson Takes Action for Type 1 Diabetes Research**

The focus of this year's World Diabetes Day (November 14, 2008) -- Diabetes in Children and Adolescents -- has particular urgency for former Miss America Nicole Johnson. Diagnosed with type 1 diabetes at age 19, she now has a two-year-old daughter, Ava, whose chances of inheriting her disease are about 1 in 25

Read Complete Article at Market Watch:

<http://www.marketwatch.com/news/story/Former-Miss-America-Nicole-Johnson/story.aspx?guid=%7B6CE6342D-B9DF-41A3-9F50-5652E0158367%7D>



- **Americans are Afraid of That?**

More people are afraid of being in a plane crash, hit by lightning, attacked by a shark, or bitten by a snake, than developing diabetes according to an American Diabetes Association survey (www.diabetes.org/adm) announced last week.

The survey, which coincides with the launch of American Diabetes Month®, sheds interesting light on the public's perception of diabetes. The survey findings showed that, among a short list of rare occurrences:

- ❖ 16% of respondents feared being in a plane crash
- ❖ 13% feared snake bites
- ❖ 5% feared being hit by lightning
- ❖ 4% feared a shark attack
- ❖ Only 5% reported a fear of getting an illness or disease.

READ MORE at <http://main.diabetes.org/site/R?i=mH5j7XAWn5fSvciJtjEMvw>.

- **Lilly Announces Major Donation of Insulin to International Diabetes Federation's Life for a Child Program; Initial Focus Will Be on Sub-Saharan Africa**

Eli Lilly and Company today announced it intends to donate more than 800,000 vials of insulin to the International Diabetes Federation's Life for a Child Program, providing free life-saving medicine to as many as 24,000 children who currently have no access to diabetes treatment.

READ MORE on this article at: <http://www.foxbusiness.com/story/markets/industries/health-care/lilly-announces-major-donation-insulin-international-diabetes-federations-life-1174685760/>.

- **Teaching Tools Foster Science and Diabetes Education in Native American Schools**

Schools across the country now have free access to an innovative set of teaching tools designed to increase the understanding of science, health, and diabetes among American Indian and Alaska Native students from kindergarten through the 12th grade. The comprehensive new curriculum, called "Health is Life in Balance," is being launched today at the Smithsonian's National Museum of the American Indian in Washington, D.C.

READ MORE on this article at: <http://www.nih.gov/news/health/nov2008/niddk-12.htm>.



- **Child Obesity Seen as Warning of Heart Disease**

NEW ORLEANS — A new study finds striking evidence that children who are obese or have high cholesterol show early warning signs of heart disease.

The study, presented Tuesday at the American Heart Association conference in New Orleans, found that the thickness of artery walls of children and teenagers who are obese or have high cholesterol resembled the thickness of artery walls of an average 45-year-old.

READ MORE on this article at: www.nytimes.com/2008/11/12/health/12heart.html?em

4.

RECIPIE

Spicy pork chop supper

Preparation time: 25 minutes

Baking time: 35–40 minutes



2 tablespoons + 1 tablespoon chili seasoning mix
2 tablespoons all-purpose flour
4 boneless, 1/2"-thick, pork loin chops (about 4 ounces each)
Cooking spray
1 1/2 teaspoons corn oil
1 cup uncooked instant white rice
1 cup water
1 can (8 ounces) tomato sauce
1/2 cup coarsely chopped onion
1/2 cup coarsely chopped yellow pepper
1/2 cup coarsely chopped green pepper

Preheat oven to 350°F. Combine 2 tablespoons chili seasoning mix and flour in a large zip-top bag. Add pork chops, seal bag, and shake to coat well. Coat a large, nonstick skillet with cooking spray, add oil, and heat until oil is hot. Add chops and sprinkle with remaining coating. Brown pork chops quickly over medium-high heat (about 3–4 minutes on each side). Remove from heat and set aside.

Coat a 2-quart casserole dish with cooking spray; set aside. In a large bowl, stir together remaining 1 tablespoon chili seasoning mix, rice, water, and tomato sauce. Pour into casserole dish. Arrange pork

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chops over rice and sprinkle with onion, yellow pepper, and green pepper. Bake, covered, for 35-40 minutes, or until rice is bubbly and pork chops are no longer pink in the center.

Yield: 4 servings

Serving Size:

Nutrition Facts

Per Serving:

Calories: 373

Carbohydrate: 34 g

Protein: 39 g

Fat: 9 g

Saturated fat: 4 g

Sodium: 965 mg

Fiber: 2 g

Exchanges per serving: 2 starch, 1 vegetable, 4 very lean meat, 1 fat

Carbohydrate choices: 2 ½.



The reference to an information source in the Weekly Diabetes Update does not constitute an endorsement of that source.

If you would like an announcement included in a Weekly Diabetes Update, please email the request to our office at DiabetesMO@dhss.mo.gov